

# Picking Hand Exercises

Arranged By: Matt Bruno

Play slow to  
a metronome

Whole Notes

1/2 notes

5 1/4 Notes

1/8 Notes

9 Triplets

11 1/16 notes

13 Triplets

15 1/8 notes

1/4 Notes

19 1/2 notes

Continue pattern

Whole notes

Detailed description: The score consists of seven staves of music in 4/4 time. Staff 1 (measures 1-4) starts with a repeat sign and contains two whole notes, followed by two pairs of half notes. Staff 2 (measures 5-8) contains four groups of quarter notes, followed by four groups of eighth notes. Staff 3 (measures 9-12) contains four groups of eighth-note triplets, followed by four groups of quarter-note triplets. Staff 4 (measures 13-16) contains four groups of sixteenth-note triplets, followed by four groups of eighth-note triplets. Staff 5 (measures 17-20) contains four groups of eighth-note triplets, followed by four groups of quarter notes. Staff 6 (measures 21-24) contains two groups of eighth notes, followed by two groups of quarter notes. Staff 7 (measures 25-28) contains two half notes, followed by two whole notes, ending with a double bar line.

2

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Skipping Beats - rests

1/4 Notes

23

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

27

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

1/8 Notes

31

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

33

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

1/16 Notes

35

1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 1 e + a 3 e + a 4 e + a

37

1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a

39

1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + 1

41

1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a

# Picking Hand Exercises

## Skipping Beats - larger notes

43 1/4 Notes

1 2 3 4 1 2 3 4 1,2 3 4 1,2 3 4

47

1 2,3 4 1 2,3 4 1 2 3,4 1 2 3,4

51 1/8 Notes

1+ 2 + 3+ 4 + 1 +2 + 3 +4 +

53

1 + 2+ 3 + 4+ 1 + 2 +3 + 4 +

55 1/16 Notes

1e + a 2 e + a 3e + a 4 e + a 1 e+ a 2 e + a 3 e+ a 4 e + a

57

1e + a2 e + a 3e + a4 e + a 1 e +a 2e + a 3 e +a 4 e+ a

59

1 e+ a 2 e + a3 e+ a 4 e + a 1 e + a 2e +a 1 e + a 2e +a

61

1 e + a2 e + a3 e + a4 e + a 1 e+ a 2 e+ a 3 e+ a 4 e+ a

Picking Hand Exercises

Mixed Notes

63

1 + 2+ 3+ 4+ 1+ 2+ 3+ 4+ 1+ 2+ 3+ 4+ 1+ 2+ 3+ 4+

67

1 + 2+ 3+ 4+ 1+ 2+ 3+ 4+ 1+ 2+ 3+ 4+ 1 + 2+ 3+ 4+

71

1 +2+ 3+ 4+ 1+ 2+ 3+ 4+ 1+ 2+ 3+ 4+ 1+ 2+ 3+ 4+

75

1 + 2+3 + 4 1+2 + 3+4 + 1+2 +3 + 4+ 1 + 2+ 3+4 +

79

1e + a2e + a3e + a4e + a 1 e+a 2 e+a 3 e+a 4 e+a 1 e+ a 2 e+ a 3 e+ a 4 e+ a

82

1e+a 2 e + a 3e+a 4 e + a 1e +a 2 e + a 3e +a 4 e + a

84

1e+a 2e + a 3e+a 4e + a 1 e+a2 e + a 3e + a

# Picking Hand Exercises

General Notes

Down Pick                              Up Pick                              Alternating Picking

1+ 2+ 3+ 4+              1 + 2 + 3 + 4 +              1 + 2 + 3 + 4 +

Whole Note      Half Note      Quarter Note      Eighth Note      Sixteenth Note  
4 Beats      2 Beats      1 Beat      1/2 Beat      1/4 Beat  
per note      per note      per note      per note      per note

1+2+3+4+      1+2+ 3+4+      1+ 2+ 3+ 4+      1 + 2 + 3 + 4 +      1 e + a 2 e + a 3 e + a 4 e + a

Whole Note Rest      Half Note Rest      Quarter Note Rest      Eighth Note Rest      Sixteenth Note Rest  
4 Beats      2 Beats      1 Beat      1/2 Beat      1/4 Beat  
per rest      per rest      per rest      per rest      per rest

1+2+3+4+      1+2+ 3+4+      1+ 2+ 3+ 4+      1 + 2 + 3 + 4 +      1 e + a 2 e + a 3 e + a 4 e + a

Simple standard notation

Note Name	G	A	B	C	D	E	F	G	A	B	C	D	E	F	G	A	B	C	D	E	F	G
String&Fret	G0	G2	G4	G5	D0	D2	D3	D5	A0	A2	A3	A5	E0	E1	E3	E5	E7	E8	E10	E12	E13	E15